

# Our commitment to you.....

The Food For Life Criteria menu means we serve *Fresh, local, honest food.*

Our food is free from *undesirable trans fats, sweeteners and additives*

Our food is freshly prepared on site by professional staff who care about quality and ingredients

We support local wherever possible...*our milk, bread, seasonal vegetables, potatoes, yogurts and red tractor meat is sourced from within the Northwest*

We use *free range eggs, organic yogurt, organic Mornflake oats and MSC fish.*

We are taking steps to *reduce sugar in our recipes*

We are taking steps to *reduce single use plastic*

We can and will cater for all *special dietary requirements*



CATERING WITH THE RIGHT INGREDIENTS

# Fresh Catering

Autumn/ Winter 2024-25

At: St Oswald's Primary School

Oct-24					Nov-24					Dec-24				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
7	8	9	10	11	4	5	6	7	8	2	3	4	5	6
14	15	16	17	8	11	12	13	14	15	9	10	11	12	13
21	22	23	24	25	18	19	20	21	22	16	17	18	19	20
					25	26	27	28	28					
Jan-25					Feb-25					Mar-25				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
6	7	8	9	10	3	4	5	6	7	3	4	5	6	7
13	14	15	16	17	10	11	12	13	14	10	11	12	13	14
20	21	22	23	24	24	25	26	27	28	17	18	19	20	21
27	28	29	30	31						24	25	26	27	28
										31				





# Autumn/ Winter Menu 2024-25

## Week 1

## Week 2



<b>MONDAY</b>	Vegetarian Sausage Roll & potatoes Vegetables & Gravy(v)	Pasta Parma Rosa (v)	Flap Jack Finger & fruit Chunk or Yoghurt or Fresh Fruit Platter
<b>TUESDAY</b>	Spaghetti Bolognese & Homemade Garlic Bread	Ravioli In a homemade Tomato Sauce(v)	Shortbread Finger & fruit Chunk or Fresh fruit Platter
<b>WEDNESDAY</b>	All Day Breakfast.	Vegetarian All Day Breakfast (V)	Ice cream & fruit Coulis or Fresh Fruit Platter
<b>THURSDAY</b>	Chicken Korma Rice & Cous - Cous	Jacket Potatoes with a choice of Filling/s (v)	Berry Bun Or Fruit Platter
<b>FRIDAY</b>	Fish Finger or Salmon Fish Fingers Chips Peas or Baked Beans.	Homemade Vegetable Fingers, Chips, Peas or Baked Beans,	Chocolate Surprise Brownie or Fresh Fruit Platter

<b>MONDAY</b>	Homemade Cheese & Tomato Pizza with Sauté potatoes (v)	Jacket Potatoes with a choice of filling/s (v)	Melting Moment or Yoghurt Fresh Fruit Platter
<b>TUESDAY</b>	Homemade Beef cottage Pie & Vegetables	Homemade Pasta Italiane (v)	Chocolate Penny or Fresh Fruit Platter
<b>WEDNESDAY</b>	Sausage, Creamed potatoes, Vegetable & Gravy or Beans	Plant Friendly Sausage, Creamed potatoes, Vegetables & Gravy or beans( v)	Orange Cooke or Fresh Fruit Platter
<b>THURSDAY</b>	Chicken & Vegetable Hot Pot. Homemade Vegetable	Cheesy Pasta	Dorset apple cake Or Fresh Fruit Platter
<b>FRIDAY</b>	Fish Stars with Chips	Omelette & chips Peas or Baked Beans (v)	Chocolate Crunch Finger & Fruit Chunk or Fresh fruit platter

